



National Nutrient Database for Standard Reference

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Statistics Report 09451, Horned melon (Kiwano)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.97	2	--	87.88	90.05	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	183	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	1.78	2	--	1.36	2.19	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Total lipid (fat) ¹	g	1.26	2	--	1.17	1.36	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Ash ¹	g	0.44	2	--	0.43	0.45	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Carbohydrate, by difference	g	7.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Minerals													
Calcium, Ca ¹	mg	13	2	--	13	13	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Iron, Fe ¹	mg	1.13	2	--	1.01	1.25	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Magnesium, Mg ¹	mg	40	2	--	37	43	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Phosphorus, P ¹	mg	37	2	--	32	42	1.0	--	--	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	123	2	--	122	123	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Sodium, Na ¹	mg	2	2	--	2	2	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Zinc, Zn ¹	mg	0.48	2	--	0.45	0.5	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Copper, Cu ¹	mg	0.020	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Manganese, Mn ¹	mg	0.039	2	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	5.3	2	--	5	5.6	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Thiamin ¹	mg	0.025	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Riboflavin ¹	mg	0.015	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Niacin ¹	mg	0.565	2	--	0.56	0.57	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Pantothenic acid ¹	mg	0.183	2	--	0.18	0.18	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Vitamin B-6 ¹	mg	0.063	2	--	0.06	0.07	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Folate, total ¹	μg	3	2	--	3	3	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, RAE	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Carotene, beta ¹	µg	88	2	--	81	95	1.0	--	--	1	derived from analytical	--	07/2009
Vitamin A, IU ¹	IU	147	2	--	135	159	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Analysis of fat-free and reduced fat food items, University of Georgia, 1992 Beltsville MD